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PUPPETEER CAROLL SPINNEY DISCUSSES "SESAME STREET." PAGE 24

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Gettin' kinetic

Strange and wonderful. The Kensington Kinetic Sculpture Derby returns this weekend as an opportunity for creators to show off their weird and inimitable human-propelled floats. PAGE 02

John Spetrino with a Kensington Kinetic Sculpture Derby float. A longtime participant, Spetrino will judge the Derby on May 16. / CHARLES MOSTOLLER

New bill sets sights on litter problem

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Find your way to pure happiness on page 18

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Macnow: Phils fans shouldn't boo Utley

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At Sculpture Derby, some secrets, but not too many

Collaboration. It's the name of the game in this quirky parade.

John Spetrino, a long-time participant in the derby and now a judge, standing in his collaborative studio space Frank's Kitchens on Friday. / CHARLES MOSTOLLER

Sitting against a wall in John Spetrino's collaborative arts workshop is a hulking metal beast powered by the dismembered pieces of old bicycles and constructed from old car parts.

You may have seen it in the annual Kensington Kinetic Sculpture Derby and thought, "How did he build that?"

If you ask, he'll tell you.

This weekend marks the 9th annual iteration of the derby, a celebration of hand-built human-powered sculptures that will travel the streets of Kensington. Behind the scenes of the event is a dedicated cadre of artists, craftspeople and amateurs who share information on construction techniques and where to find materials.

"I didn't know how to weld until I welded," said Spetrino, whose Frankford Avenue arts collaboration space is called Frank's Kitchens. "Now I'm teaching people how to weld."

Spetrino, who is not competing this year but will serve as one of the derby's judges, isn't the only one. Participants in the event have given lessons to help people build entries to the derby. That's part of the effort to make the derby a citywide event, but also part of the do-it-yourself ethic that has sprung up around the derby.

"I just want people to say, 'Gee, I don't have to be an engineer to do this," said Joel Spivak, a South Philly artist who has given lessons for prospective participants.

That attitude stands in stark contrast to the Mummers, whose clubs have reputations for secrecy as they compete for prize money.

"It's very open, not very competitive," said Spivak.

The derby is modeled on similar events held in Baltimore and northern California.

Unlike those events, the Kensington derby is not a race. While the machines must be human powered, have wheels and cannot be pushed or walked, there aren't a lot of hard rules. Likewise, there are prizes for the best breakdown, and best costume.

But the rules say that the floats — or sculptures — must be decorated with a theme. And that's where the collaboration ends, and where the secrecy begins.

Dana Pavlichko and Steph Davis, part of a three-woman team whose drag-themed entries have won "best costume" three years, say they haven't even told the event's organizers what their costumes will look like this year. If it's anything like the past, they'll draw attention.

"Once you leave the house, it's a series of very shocked reactions," said Pavlichko.

DAN KELLEY
@MetroPhilly
dan.kelley@metro.us

Where to Watch:

Here's the (mostly approximate) time the parade will pass the best spectator spots. The Trenton Ave Arts Festival also runs from noon to 6 p.m. at Trenton and Susquehanna.

- 12:45: Norris and Susquehanna: silly string, a drum line, and dancers
- 1:20: Frankford and Girard. Sculptures go through a "Derby Wash"
- 1:30: 1300 block Frankford. outdoor seating and food trucks.
- 1:45: 2217 Frankford. Pet friendly viewing

If you go

Derby & Art Festival

The Philadelphia Federal Credit Union Kensington Kinetic Sculpture Derby & Arts Festival begins at noon on Saturday, May 16. Visit KineticKensington.org for route info.

Arson. Police probe Kenzo fire as murder

Police are investigating an early-morning Kensington fire in which one man jumped to his death to escape the flames.

A police spokesman said the blaze is suspicious.

The man who died was not identified because his family had not yet been notified.

Six others were injured, Fox29 reported.

The blaze broke out around 6 a.m. in a three-story apartment building in the 3200 block of Kensington Avenue near the El train.

The building did not have any smoke detectors or fire alarms, FOX said.

Police are investigating whether the fire was set intentionally.

DAN KELLEY

Delaware River

Stowaway's corpse found on boat from Africa

Large boats often traverse the Delaware. / GETTY IMAGES

A body found on a container ship at a U.S. cocoa import facility in Pennsylvania on Monday could be a stowaway who had traveled from West Africa, a Port Authority official said.

The body was discovered at Pier 84 as workers unloaded a cargo ship carrying cocoa beans that docked in the Philadelphia port on Thursday but had taken days to unload, said Bob Blackburn, executive director of the Pennsylvania Regional Port Authority. Police could not yet identify the corpse or determine cause of death.

Blackburn said stowaways have been found on ships in the port before. "But it's been a long time since the last time that we've had a stowaway, either alive or dead," he said. REUTERS

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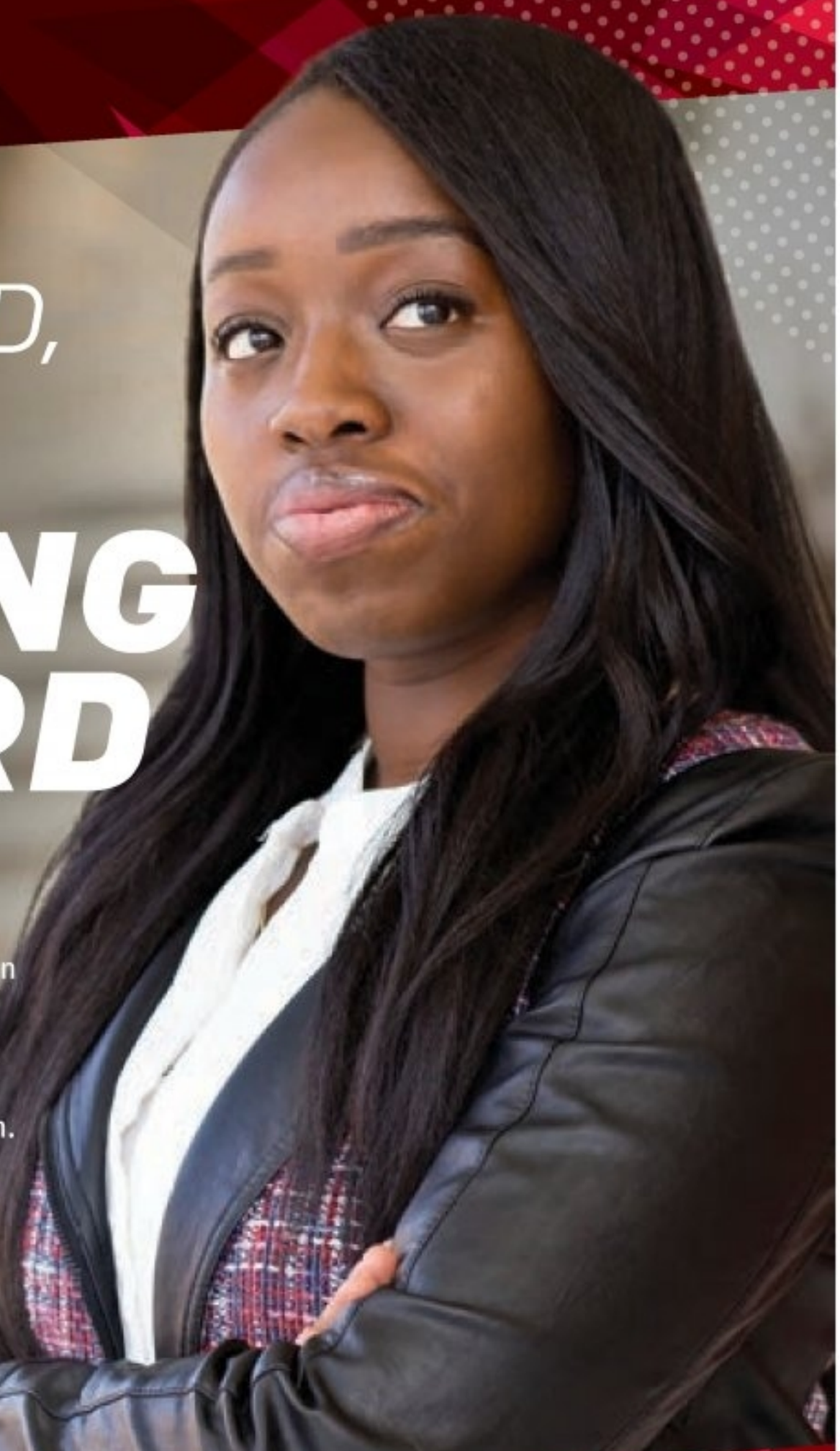

Lydia Fehintola Lawson always dreamed of changing someone's life, and she expected to do it by studying medicine and becoming a doctor. But after spending a semester teaching her peers, she realized that education affects lives every single day. Although she now aspires to work for the U.S. Department of Education, her dream—being a positive force in the lives of others—has not dwindled. All she needs is a place to make it happen.

She'll enlighten the world someday.
Don't be left in the dark.

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New trash law proposed to solve litter woes

Disposal. Philly's streets have more than their fair share of garbage. Could more cans help unlitter us?

A garbage bin in Center City
SAM NEWHOUSE

A bill introduced by Councilwoman Blondell Reynolds Brown that passed City Council last week could soon require restaurants and convenience stores to have a trash can within 10 feet of their doors.

Locals are optimistic about the new law.

"I believe that if they had more cans out there … it would crack down on litter a lot," said Ray Gant, head of The Ray of Hope Project, a neighborhood cleanup group.

"People are looking for places to throw their trash — not everybody is looking to throw their trash on the street," he said.

"Philadelphia has a huge litter problem and things have to be done," said Clean Water Action organizer Michael Roles. "Areas with the heaviest litter problems exist along business corridors. This bill aims to get businesses which provide some of that trash to become better stewards of the community."

"I get it with corner stores, as a lot of litter really does start there," said Bradley Maule, who recently exhibited trash he pulled out of the Wissahickon.

"Extra trash cans … seem like a suitable fix. They have to be wind- and critter-proof, though. If they're open-air baskets, you risk exacerbating the problem," he said.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Enjoying the river breeze

A cyclist pedals along the Schuylkill River with a child in tow as a muggy climate persisted and temperatures were in the mid-80s Monday. Forecasters say it will remain muggy and in the mid-80s on Tuesday before cooling to the low 70s Wednesday and for the rest of the week.

CHARLES MOSTOLLER

Western Pa.

Police hunt for shooter at mall near Pittsburgh

Authorities are searching for the shooter behind a Monday morning killing at a shopping center south of Pittsburgh.

The shooting was reported at the Tri-County Plaza in Rostraver Township around 7 a.m. Monday, said Chris Tantlinger, a spokesman for the Westmoreland County Department of Public Safety.

Reports say a man wearing a blue hoodie walked into Minniti Motor Sports and shot Drew Molinari, 34, to death.

In February, three people were wounded in a shooting outside Monroeville Mall, 35 miles north. The shooter in that case is facing attempted murder charges. METRO

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Man who ditched parents at Penn State found safe

Missing son.
His parents arrived at graduation to learn he had dropped out.

Jon Steindorf / FACEBOOK

A Penn State University student reported missing when his parents arrived for his graduation and found out he had dropped out the previous fall was found on Monday afternoon, reports say.

The parents of Jon Steindorf, 23, were hiring a private detective to aid in the search, his mother, Joanne Steindorf, told Reuters, hours before he was located.

Police in State College, opened a missing persons investigation after he vanished hours before the graduation ceremony on Friday night, said Lieutenant Keith Robb.

His roommate in a downtown State College apartment last saw Steindorf at 11:30 a.m. Friday, Robb said.

Detectives were studying forensic evidence they gathered at the apartment but had not yet concluded a crime took place, he said. Steindorf left his phone, wallet and credit cards at his apartment.

Steindorf's mother and father, a State College radiologist, had arrived to take him to his graduation ceremony, only to discover he was missing, she said. In the days that followed, the Steindorf parents learned their son had actually dropped out of school during the fall semester and was not scheduled to graduate Friday night.

According to the Daily Collegian, Steindorf was found in the Greentree neighborhood of State College on Monday afternoon around 3:30 p.m. REUTERS

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Bomber to nun: 'No one' should suffer as the victims did

Court. The defense rested its case in the sentencing phase of the Boston Marathon bomber's trial.

Lawyers for the Boston Marathon bomber on Monday wrapped up their case to spare Dzhokhar Tsarnaev's life with testimony from a Roman Catholic nun and death-penalty opponent who said Tsarnaev told her "no one deserves to suffer" as his victims had.

The same jury that last month found Tsarnaev, 21, guilty of killing three people and wounding 264 others in the April 15, 2013, attack, later this week will begin deliberating whether to sentence him to death by lethal injection or to life in prison without possibility of release.

Since testimony began in Boston federal court in early March, the jury has heard from about 150 witnesses, including parents who lost children in the attack, first responders who attended to victims who had lost limbs, and Tsarnaev's Russian relatives who remembered him as a loving young boy.

But the closest they came to hearing from Tsarnaev himself was Monday's testimony from Sister Helen Prejean, 76, who described meeting him five times over the past year at the request of defense lawyers. Prejean, whose story inspired the 1993 book and 1995 film "Dead Man Walking," said she believed Tsarnaev was remorseful.

REUTERS

Sister Helen Prejean

Quoted

"I walked in the room and I looked at his face and I remembered, 'Oh my God, he's so young.' Which he is. I sensed he was very respectful, and I felt it was pretty easy to establish a rapport."

Prejean, describing first setting eyes on the bomber

Full picture of Clinton charities' foreign government funding remains elusive

Funds. U.S. charities have to disclose each year how much they get in government funding, both domestic and foreign.

Hillary Clinton / GETTY IMAGES

Clinton promised the Obama administration heightened transparency concerning donors to her family's charities to avoid accusations of conflicts of interests when she became the nation's most senior diplomat. In recent months, the charities have said they did not comply with some parts of the agreement.

The Clinton Foundation has acknowledged that the government funding totals omitted from their tax returns cannot be found on their website either, despite the foundation's acting chief executive officer earlier suggesting they were available there.

The foreign government funding received by the globe-spanning charities of Hillary Clinton's family has received particular scrutiny in recent weeks as Clinton seeks to become the Democratic nominee in the 2016 presidential election.

The foundation's acknowledgement means precise totals for government grants to the charity for the last three years of Clinton's four-year tenure as secretary of state have still not been publicly disclosed.

In April, Maura Pally, the foundation's acting chief executive officer, said it was a mistake not to separately list government grants on its public tax forms for 2010, 2011 and 2012 after a Reuters review found errors, but she added that the public could find the information elsewhere.

"Those same grants have always been properly listed and broken out and available for anyone to see on our audited financial statements, posted on our website," she wrote in a statement on the foundation's website.

The audited financial statements, however, do not break out government grants separately, foundation officials told Reuters.

Instead, they combine them with an unspecified amount of funds from private grant-making organizations, in keeping with generally accepted accounting principles, the foundation officials said. The revenue tables in the statements do not make explicit that any revenue at all comes from governments.

Asked if Pally's statements were therefore incorrect or misleading, a foundation spokesman, Kamyl Bazbaz, said no, because it was not necessary to separately break out government grants on audited financial statements.

Pally had been correct to say they were "properly listed and broken out" because in this context, it means they were properly combined with the funds from private grant-making organizations.

"Sorry for any confusion here," Bazbaz said in an email.

He also acknowledged additional complications in some of the audited financial statements: The statements reported some $200 million more in grants and associated spending in 2010 and 2011 than was reported in some of the charities' tax returns for those years.

These inconsistencies were not errors, the officials said, but were rather the result of unresolved disagreements between the charities' various accounting firms over calculating revenue streams. REUTERS

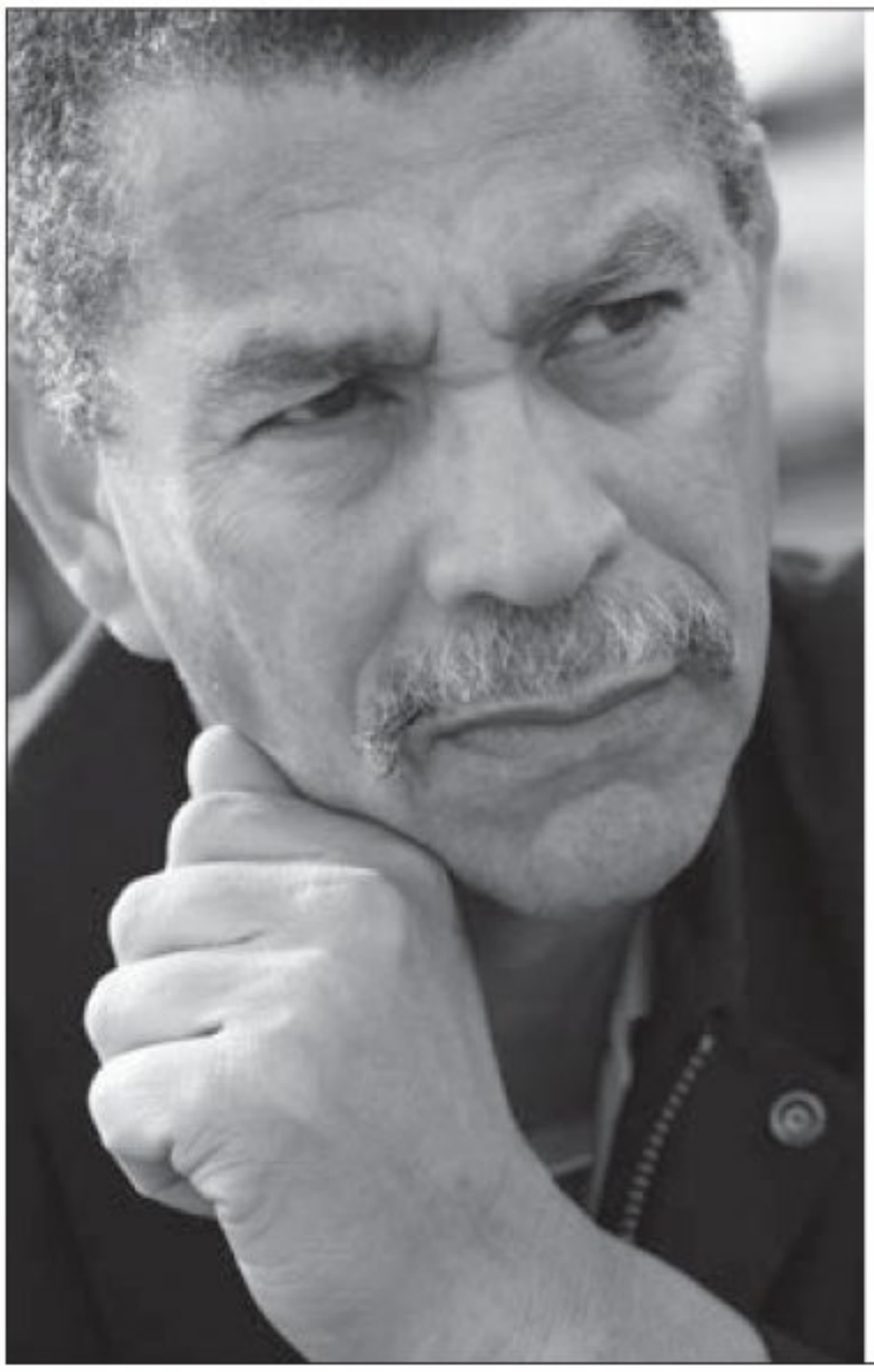
Legal

Watchdog not satisfied

Meredith McGehee, the policy director of the nonprofit watchdog group the Campaign Legal Center, said the foundation was "hiding behind technicalities."

"These explanations do nothing but raise more questions," she said of Bazbaz's comments. "It gives the feeling that they're not coming clean."

Transparency watchdog groups and experts in charity law have said the issues with the foundation's public financial records are not evidence of deliberate wrongdoing, but they make it harder to grasp how the charities raise and spend money. REUTERS



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Zimmerman wounded in shooting incident

Condition. George Zimmerman was released from a hospital with a facial wound.

Zimmerman / GETTY IMAGES

George Zimmerman, who was acquitted of murder charges in the 2012 shooting death of an unarmed black teenager in Florida, suffered a minor wound after being shot at during a road-rage incident on Monday, media reports said.

Zimmerman did not fire a gun in the incident, the Orlando Sentinel reported, citing a statement by police in Lake Mary, Florida, a suburb of Orlando where the incident occurred.

An attorney for Zimmerman said a bullet missed his head, but he was hit by broken glass from the vehicle, according to WESH. The television station also said a bullet hole could be seen in the passenger window of Zimmerman's vehicle.

Police said it appeared to be a "road-rage incident," according to the FOX 35 television station in Orlando. REUTERS

Timeline of trouble

Zimmerman has had several brushes with the law since his 2013 acquittal.

- He was arrested in January in connection with a domestic dispute, accused of throwing a wine bottle at his girlfriend. Charges were dropped after she recanted.
- He was arrested in November 2013 after allegedly pointing a gun at a different girlfriend during an argument. Those charges were later dropped after the woman withdrew her complaint.
- Zimmerman also has drawn the attention of authorities over accusations that he had threatened his then-estranged wife.
- In another incident, he was accused of threatening to kill a man in a road-rage incident, and he has been stopped for speeding in Texas and Florida.

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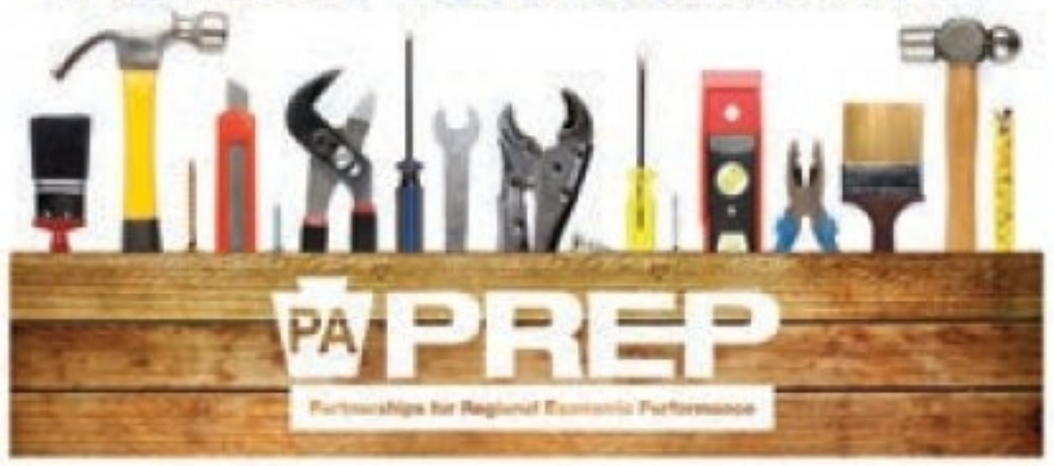

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Five things you need to know

1 Slayings of police officers climbed 89 percent in 2014: FBI

The number of U.S. law enforcement officers killed in the line of duty last year nearly doubled from 2013, the Federal Bureau of Investigation said in a report on Monday.

The FBI said of 51 officers slain in 2014, 46 were shot, four were killed by vehicles, and one was beaten to death. Twenty-seven officers were killed in 2013, the lowest number during a 35-year period.

Another 44 officers were accidentally killed in the line of duty last year, most in automobile accidents. Others were killed in motorcycle accidents, accidental shootings, by drowning, blunt force trauma and smoke inhalation. Forty-nine were accidentally killed in 2013, the FBI said.

The report was released days after the burial of a New York City police officer who was shot dead while on duty. Two officers were killed over the weekend in Mississippi.

In 2014, most of the officers died as the result of criminal acts committed in southern states, where 17 officers were killed, and western states, where 14 were killed. States in the Midwest and Northeast accounted for eight slayings each and Puerto Rico had four, the report said.

An average of 64 law enforcement officers per year were intentionally killed on duty between 1980 and 2014, according to the FBI. REUTERS

NYPD OFFICER BRIAN MOORE

2 US airline complaints soared in March: Report

Complaints among U.S. air travelers soared more than 55 percent in March from a year earlier, mainly due to flight problems, a federal government report said.

The report by the U.S. Transportation Department recorded 1,733 complaints about U.S. airlines, travel agents and tour operators for the month, which reflects the most recent data available. The March total was up more than 27 percent from February.

More than one-third of the complaints about U.S. airlines stemmed from flight problems, including cancellations, delays and missed connections. REUTERS

3 Tornadoes kill at least four, destroy homes

Emergency crews were cleaning up on Monday from tornadoes that killed at least four people and injured 50 others in Texas and Arkansas. They were part of a twister series to hit central states overnight, flattening buildings and snapping power lines.

A husband and wife were killed in their mobile home in Van, Texas, about 70 miles southeast of Dallas, a town of about 2,500 people where dozens of homes were destroyed.

Near the west Arkansas town of Nashville, a baby girl about 18 months old was pulled from the wreckage of a mobile home where her parents died in a tornado there. REUTERS

4 Hernandez charged in 2013 shooting of witness

Former New England Patriots player Aaron Hernandez, who was convicted last month of murdering an acquaintance in 2013, was charged on Monday with the nonfatal shooting of a man believed to be a witness to another murder of which Hernandez is accused.

Prosecutors in Boston on Monday charged Hernandez with violating witness intimidation laws for shooting a man in the face in February 2013 after the man made a remark about a 2012 double shooting, according to the Suffolk County prosecutor's office. REUTERS

5 Chicago officer faces civil trial over shooting of black teen

A civil trial opened on Monday in a lawsuit against the city of Chicago and a police officer for the alleged use of unjustified force in the 2011 fatal shooting of an 18-year-old black man.

Officers Noel Morgan and Tracy Adler were trying to arrest Parise Mercer after a July shooting outside a restaurant. Authorities said Mercer ran and pointed a gun at them. Both officers fired, and Mercer was struck by one bullet in the back and died.

A prosecutor determined the shooting to be justified. REUTERS

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German chancellor

Merkel defends staff against growing criticism in spy scandal

German Chancellor Angela Merkel defended her present and past chiefs of staff on Monday against criticism that they lied to the public about the prospects of a "no-spy agreement" with the United States.

Merkel / GETTY IMAGES

Media reports alleging lying by Merkel's aides were the latest in a controversy over German intelligence since Edward Snowden revealed in 2013 a widespread U.S. surveillance program that included tapping her cellphone.

The latest report said Washington never offered Germany a no-spy agreement after those revelations, despite statements from Merkel and senior aides during the campaign for Germany's general election held only a few months later.

Vice Chancellor Sigmar Gabriel, head of Merkel's Social Democratic junior coalition partners, last week publicly asked Merkel's role in the affair, which put strains on SPD's grand coalition with Merkel's Christian Democrats. REUTERS

A file picture shows a Royal Moroccan Air Force F-16 fighter jet.
GETTY IMAGES

Moroccan F-16 of Saudi-led coalition goes missing

Military. Morocco is one of eight Arab states to have joined Saudi Arabia in the intervention against Houthi advances.

A Moroccan F-16 warplane has gone missing while on a mission with Saudi-led forces in Yemen, Morocco's military said on Monday, and Yemen's dominant Houthi militia said regional tribesmen shot down the aircraft.

The disappearance of the Moroccan jet and intensifying duels of heavy-weapons fire across the border between the Iran-allied Houthis and Saudi forces could endanger a five-day humanitarian truce due to start in Yemen on Tuesday morning.

Saudi-led air strikes hit military bases and weapons stores in the Houthi-controlled capital Sanaa on Monday evening, setting off huge blasts that residents said launched rockets into the air which then crashed back down.

Backed by Washington, the Saudi-led coalition has been bombing Houthi rebels and army units loyal to ex-president Ali Abdullah Saleh since March 26 with the aim of restoring exiled President Abd-Rabbu Mansour Hadi to power.

The Houthis' ties to regional rival Iran have rattled the Gulf Arab states and the rebels remain the strongest force in Yemen's civil war. Saudi Arabia, the world's top oil exporter, regards the Houthis' rise as a grave threat.

"One of the F-16s of the Royal Armed Force put at the disposal of the coalition led by Saudi Arabia to restore the legitimacy in Yemen went missing on Sunday at 6 p.m. local time," Morocco's military said in a statement on Monday.

The Houthis' official news channel al-Masirah said on Monday that anti-aircraft guns had downed an F-16 over in the remote Wadi Nashour area in the northwestern province of Saada, a Houthi stronghold bordering on Saudi Arabia. REUTERS

Quoted

"The violent explosions can be heard from anywhere in the city and we feel they could land on our heads. We're living a life of terror."

Ahmed Fawaz, Sanaa resident

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New study. Chinese smartphone market shrinks in first quarter

A staff member helps a customer with the new iPhone at the Wangfujing flagship store in Beijing, China. / GETTY IMAGES

China's smartphone market has reached saturation, according to a new study by industry analyst IDC that carries potentially significant implications for the global handset industry led by giants like Apple and Samsung Electronics.

During the first quarter of 2015, smartphone shipments in the world's most populous country shrank for the first time in six years to 98.8 million, down 4.3 percent from a year earlier, IDC said in report on a Monday, attributing the slump to "market saturation."

The rise of Chinese consumers has fueled booming demand for smartphones in recent years, lifting firms, including Apple — which made a record $16.8 billion in revenue in China last quarter thanks to its iPhone 6 series launch — and Beijing-based Xiaomi [XTC.UL], which grew into a $46 billion company in just four years.

Thanks to its large-screen iPhone 6, Apple consolidated its position in the shrinking Chinese market, claiming 14.7 percent market share, ahead of Xiaomi and Huawei at 13.7 percent and 11.4 percent, respectively, according to IDC.

Global leader Samsung came in fourth in China with a 9.7 percent share.

The slowdown in China will increase pressure on manufacturers to seek growth in India and Southeast Asia, where striking partnerships with distributors will prove critical, said IDC analyst Xiaohan Tay.

Xiaomi, for one, has actively courted both online and offline sellers in India over the past year. The company, which has sold its handsets on Flipkart.com for the past year, said last month it would also sell its phones at The Mobile Store retail chain throughout the country.

REUTERS

Market

2011

China overtook the United States in 2011 to become the world's largest smartphone market. But IDC's data suggesting that a slowdown has already begun could pose questions for the industry.

Cab market

Uber tests cash payments for cabs in India

Uber is testing cash payments in India as the online taxi-hailing company seeks a stronger foothold in a country where many fewer people have credit cards than Internet connections.

Uber has grown rapidly in value to be worth around $40 billion. But in India it has lagged local rival Ola, which has about 80 percent of the organized cab market.

Many analysts say that's because Uber has not adapted its business model enough to suit India's needs.

Uber said it was piloting cash payments for cabs in the southern Indian city of Hyderabad, in a first for the company globally. Until now, Uber's mobile application around the world has charged customers through credit cards or other electronic payment methods.

Ola and other Indian cab services accept cash for rides, while e-commerce giant Amazon introduced a cash-on-delivery option when it launched in India.

"Tradition dictates that cash plays a big role for Indian consumers," said Siddharth Shanker, Uber's general manager in Hyderabad. REUTERS

Credit cards

20M

India has about 20 million credit cards for a population of 1.3 billion. Most purchases are done with cash.

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Salmon becomes food for hungry dolphin

An unlucky salmon, reckoned to be more than 3 feet long and weighing in excess of 20 pounds, was repeatedly tossed into the air before disappearing down the dolphin's gullet. The amazing close-up sequence was captured by a retired financial services manager from Kirkcaldy, Fife, Scotland. Allan Brown, 65, visited the Moray Firth with the hope of seeing dolphins and was rewarded with a display of hunting mastery. The keen amateur photographer had been waiting on the shore for four hours when the one-sided battle unfolded. He said: "My brother-in-law was there. I almost knocked him off his feet with excitement. I was hoping that I was getting what I was seeing. I don't think I'm going to beat this now."

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OMG! Write like a genius with new font based on Albert Einstein's handwriting style

Learn a few rare and unusual words, and you can sound like a genius. Now you can write like one too, thanks to a new font based on Albert Einstein's handwriting. German typographer Harald Geisler and Harvard-educated physicist Elizabeth Waterhouse spent six months analyzing the famous scientist's penmanship from manuscripts in the Albert Einstein Archives. Currently raising funds on Kickstarter, Geisler and Waterhouse plan to make their prototype font available to the public by next January. The pair spoke to Metro about the typeface, the launch of which honors this year's 100th anniversary of the theory of relativity.

Why did you create Einstein's font?

HG: Liz and I were sitting at a cafe in Frankfurt with a mutual friend brainstorming ideas for interesting projects. I had recently graduated from art school, and Liz suggested making a handwriting font. Then we started throwing out names.

EW: The font is a tribute to a wonderful thinker. It is also a way to bring the feeling of handwriting into our digital lives.

Einstein with handwriting / HARALD GEISLER, CORBIS, USED WITH PERMISSION OF THE ALBERT EINSTEIN ARCHIVE, THE HEBREW UNIVERSITY OF JERUSALEM

What's so special about his writing style?

HG: Einstein's handwriting is beautiful, with clearly paced letters and smooth curves. This sort of regularity was helpful for the design. I was also charmed by the fact that this innovative thinker, who changed the way we imagine space and time, had a clear "time signature" to his writing. So it was also personal to me ... but perhaps that is because I find beauty in strange things. I used to photograph the equations written on physics blackboards during my B.A. at Harvard University. The professors were confused why I found that interesting.

Where are you taking his handwriting from?

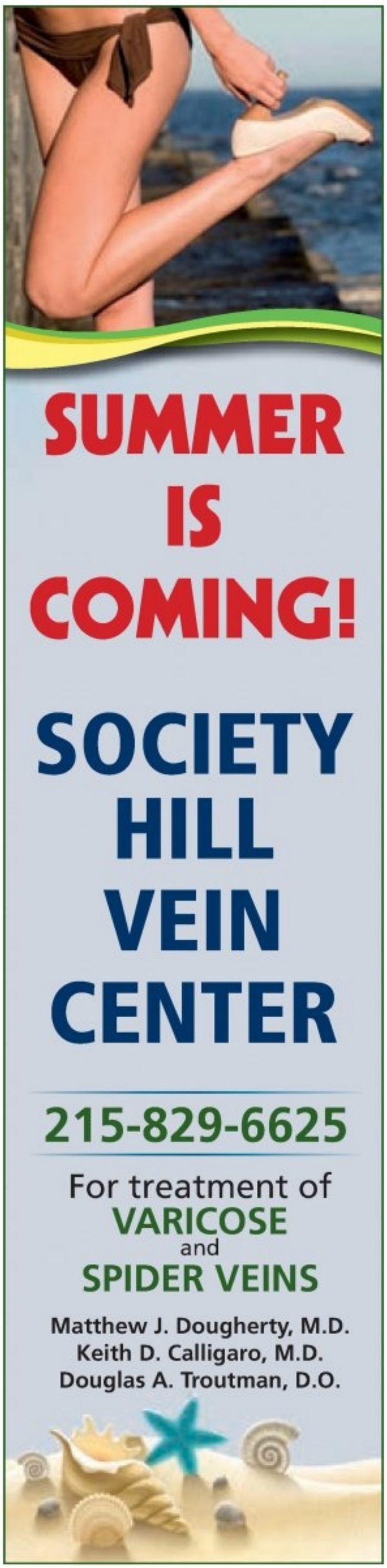
EW: Fortunately, there is an archive online. It has about 2,000 pages of his 80,000 manuscripts digitized.

DMITRY BELYAEV, MWN

Question

How long have you been working on this font?

HG: Tracing out the prototype took about six months. We are now looking at a minimum of six more months to finish the job. Our Kickstarter campaign ends in early June so the final release to the public will be around January 2016.



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2

CULTURE

Twitter feed

Today, Lindsay Lohan is back on American soil, Carrie Fisher is trying to move on, Solange Knowles is excited about a new Janet Jackson album and Alan Alda is still getting the hang of Twitter.

@lindsaylohan: Happy to be home in nyc with my family and friends. Missed this place.

@carrieffisher: Bend down so I can get over you.....

@solangeknowles: I literally just did kart wheels, dropped it like its hot, the bunny hop, a praise dance....and all of that!!!

@alanalda: My thanks to those who pointed out I misspelled my name in my own profile. This is a great start.

1

GETTY IMAGES, JOHN CHAPPLE

Let the celebrity drought-shaming begin!

In case you haven't heard, there's a drought going on in California. Like, a really, really bad one — so bad that some experts predict the state's reservoirs have less than a year's worth of drinking water left in them.

Well, either a bunch of A-listers didn't get the memo, or they just don't care. Photographer John Chapple recently cruised some posh neighborhoods via helicopter for visual confirmation of how the rich and famous are apparently more concerned with lawn maintenance than the fragile state of their state.

While Barbra Streisand's cliffside Malibu spread and Hugh Hefner's famed Playboy Mansion stand out, it's the sprawling home of Kanye West and Kim Kardashian that's the most galling in the photos, with lush, emerald green lawns abutting the dried brown dirt more native to California during a drought. Jennifer Lopez's home is a close second.

Of course, there are measures in place to combat wasting water and boost conservation, but the maximum allowable fine is $100, which is less than these folks are likely paying their gardeners to begin with.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

2

GETTY IMAGES

Morgan Freeman wants pot legalized

Morgan Freeman is not one to mince words, and that candor extends to his thoughts about marijuana. "They used to say, 'You smoke that stuff, boy, you get hooked,'" he tells the Daily Beast. "My first wife got me into it many years ago. How do I take it? However it comes. I'll eat it, drink it, smoke it, snort it. This movement is really a long time coming, and it's getting legs — longer legs. Now the thrust is understanding that alcohol has no real medicinal use. Maybe if you have one drink, it'll quiet you down, but two or three, and you're f—ed."

Aside from being a longtime marijuana enthusiast, Freeman is also well versed in its practical applications, thanks in part to the grisly car crash he survived seven years ago. "I have fibromyalgia pain in [my] arm, and the only thing that offers any relief is marijuana," he says. "They're talking about kids who have grand mal seizures, and they've discovered that marijuana eases that down to where these children can have a life. That right there, to me, says legalize it across the board. And what negative effects does it have? Look at Woodstock 1969. They said, 'We're not going to bother them or say anything about smoking marijuana,' and not one problem or fight. Then look at what happened in '99." To be fair, though, the lineup in 1999 was pretty terrible. I mean, Limp Bizkit? Come on.

3

So long, 'American Idol'

What was once unthinkable is now a reality: Fox has canceled "American Idol." The show will go out with one more season, and you can expect former judges and contestants to pop up. That means Paula Abdul is coming back, right? For now, the only confirmed regulars are this season's judges — Jennifer Lopez, Harry Connick Jr. and Keith Urban — plus the show's only remaining participant from Season 1, the possibly immortal Ryan Seacrest. Fox co-CEO Gary Newman promises a "season-long celebration." Will we get Kelly Clarkson and Justin Guarini re-enacting their cinema classic, "From Justin to Kelly"? Yep, remember when "American Idol" had a spinoff movie? What a long, strange trip it's been.

FOX VIA GETTY IMAGES

LISA WEIDENFELD

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Activities: How much is not enough, too much or just right?

Overscheduling your kids with sports and music lessons is an easy trap to fall into. / ISTOCK

Puppetsburg, swimming, soccer, pottery, Spanish, Music for Aardvarks — in my 'hood, the number of activity options for children seems to be expanding by the second, and whenever I talk to other moms in my neighborhood, this subject invariably becomes a topic of conversation.

I sometimes come home feeling like maybe I should be doing more to keep my little buddies busy, but then I think, what's so wrong with kids having free time to do what they want to do, not what we, as parents, think they'll enjoy?

Last summer, we signed up my then 2-year-old for soccer on the weekends, thinking it's such an awesome sport that my husband and I love, and we thought he would for sure share in our love of the sport. Negative. He was not a happy camper and did not enjoy it at all. There are several reasons this was a complete disaster: He may have been too young, he probably doesn't enjoy soccer — my husband would hate to think that! — or he just doesn't feel like it.

The weekdays are filled with stuff for my buddies to do. My toddler attends preschool on a full-time basis, and as if that isn't enough, he has scheduled playdates and other enrichment activities. Don't get me started on the weekends because they're usually a blur of constant activity.

So here's my plan this summer: more downtime. Instead of having my toddler's days packed with classes, sports and activities that allow him to "socialize" with other kids, I'm planning on letting him make the decisions on the activities he wants to do and take away some of the structure and allow him the free time to do what he loves, like puzzles and reading. That approach may or may not work, but rather than interfering — which I'm guilty of doing all the time — I'm going to let him make his own decisions and create activities of his own.

Mommyhood Musings

YESENIA ALMONTE

Twitter and Instagram: @yeseniaalmonte

Metro's new parenting blogger will be sharing her parenting triumphs and fails — and taking you along for the ride. Yesenia Almonte is a born and bred New Yorker who lives in Brooklyn with her husband and two sons, Hudson, 3, and Crosby, 10 months.

For exclusive commentary, visit **Metro.us/blogs.**

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD
PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW) pursuant to an Amended and Restated Moving to Work Agreement (MTW Agreement) with the US Department of Housing and Urban Development (HUD). The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program and requires PHA to submit an MTW Annual Plan for HUD review and approval. PHA's MTW Annual Plan for Fiscal Year 2016 was originally submitted to HUD in January 2015, and is currently awaiting HUD approval.

PHA is seeking public review and comments on a proposed amendment to the FY 2016 MTW Annual Plan concerning PHA's plans to convert 57 public housing units to project-based assistance under the Rental Assistance Demonstration (RAD) program. The PHA Board of Commissioners approved PHA's application to HUD for conversion of 3,433 public housing units under the RAD program in December 2013. Subsequently, in March 2015, HUD approved PHA's application through the issuance of award letters which serve as Commitments to Enter into Housing Assistance Payments Contracts (CHAPs).

The proposed amendment provides additional information as required by HUD concerning PHA's RAD conversion plans. The proposed amendment is incorporated in its entirety into the FY 2016 MTW Annual Plan through an attachment entitled "Rental Assistance Demonstration Significant Amendment". It is available for public review and downloading on PHA's website at www.pha.phila.gov under the "Latest News" section or may be picked up at:

Housing Choice Voucher Program Office: 2850 Germantown Ave 1st & 2nd Floor

Public Housing Management Offices:
Bartram - 5404 Gibson Drive
Raymond Rosen – 2110 N. 23rd Street
Wilson Park - 2500 Jackson Street
Blumberg - 2311 W. Jefferson Street

Scattered Sites Management Offices: -
1821 Vineyard Street
3218 Susquehanna Avenue
3417 Spring Garden Street
3226 McMichael Street
400 W. Huntingdon Street

PHA will conduct a Public Hearing on the proposed amendment. PHA residents, Housing Choice Voucher participants and the general public are invited to attend and provide comments at the Hearing and/or to submit written comments during the public comment period.

The Public Hearing is scheduled for May 20, 2015, from 3 p.m. until 5 p.m. at 12 S. 23rd Street, Phila. Pa 19103 - 6th floor

The public comment period begins on May 5, 2015 at 12 noon and ends June 5, at 2 p.m. All comments must be received at PHA's office by the end of the comment period. Please send written comments to: **Philadelphia Housing Authority / Office of Policy, Research and Enterprise Planning Attention: MTW Plan Amendment Comment / 12 South 23rd Street, Phila., PA**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

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PHILADELPHIA HOUSING AUTHORITY
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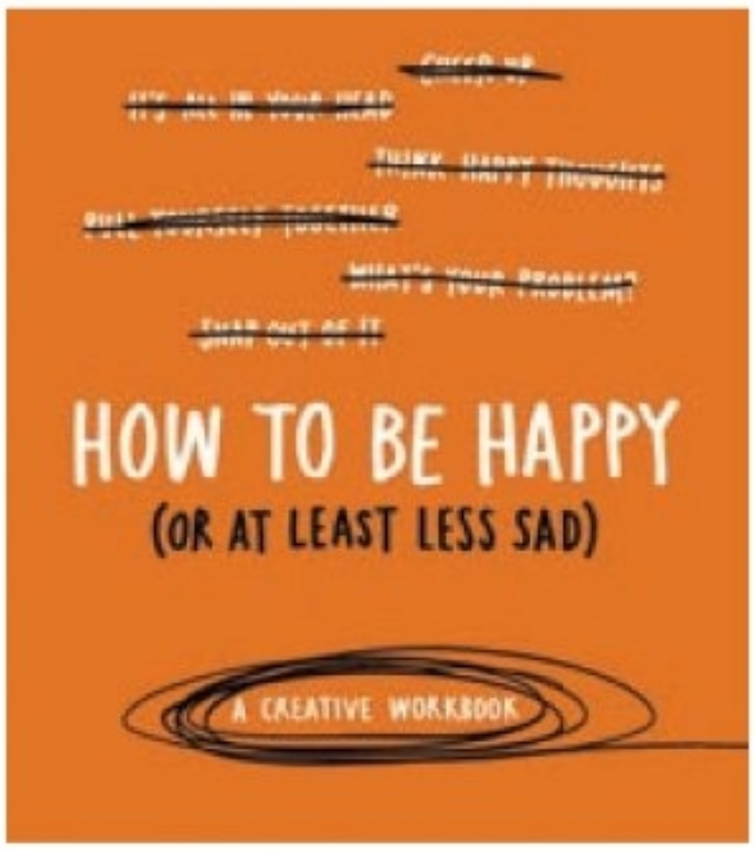

Just try it. Take 10 minutes to complete these three exercises, and you'll get off the subway feeling totally transformed.

"You cannot protect yourself from sadness without protecting yourself from happiness," writes Jonathan Safran Foer in "Extremely Loud and Incredibly Close." That's just one of the gems of wisdom in Lee Crutchley's new book, "How To Be Happy (Or At Least Less Sad)," which came out last week.

The book is full of little activities based on proven science to lift your mood, and explanations are sprinkled throughout the book so you know the reasoning behind them. Here, we excerpt some of the activities from the book.

Think of five things in your life that you're grateful for. They could be people, places or pizza. Write one thing on each finger of this hand.

What upcoming event is making you anxious?

What's the worst thing that could happen?

And the best?

What about something between the best and the worst?

Come back after the event — what happened?

Which answer was closest to the reality?

List the things you think will make you happier.

List everything you know that makes you happier.

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2008 Mazda CX-7 Sport Turbo — 89k Miles — $8900, $177/Month
2007 Dodge Charger — 89k Miles — $8900, $177/Month
2007 Chevy Impala SS — 70k Miles — $9900, $193/Month
2009 Chrysler Town & Country Touring — 89k Miles — $9900, $193/Month
2008 Saturn Outlook XE — 82k Miles — $10,900, $209/Month
2007 Chevy Trailblazer SS — AWD — $12,900, $242/Month
2007 Mercedes R350 4MATIC — Navi/Loaded — $12,900, $242/Month
2006 Range Rover HSE 4X4 — Navigation — $13,900, $258/Month
2008 BMW 750li — 89k Miles — $15,900, $291/Month
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POWER ISN'T ALL FUN AND GAMES FOR JON SNOW AND DAENERYS

Novel complaints

Changing the books too much?

Jane Johnson, who edits the "Game of Thrones" books, said recently that she was "not loving" how the show is diverging from its source, mentioning specifically the death of Barristan Selmy (who's still alive on the page) and the portrayal of Loras Tyrell. Complaints like these aren't new but have rarely come from someone so near the top.

Jon Snow is finding that leadership has its downsides. / HELEN SLOAN, HBO

'Thrones' on the Web

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more of him at **Winteriscoming.net**.

Various characters fought against the status quo in "Kill the Boy," a thematically meaty episode of "Game of Thrones."

Episode MVPs

Too often on "Game of Thrones," those in power are the ones who least deserve it. Lately, some upstanding characters have come into power, but they're learning that good intentions aren't enough.

Take Daenerys Targaryen — she's still trying to quell the sectarian violence that's tearing apart Meereen. This week, she was pushed too far and fed a prominent citizen to her dragons, only to turn around and reopen the city's fighting pits, an institution she abhors, in an attempt to placate her unruly subjects. Will the strategy work, or will her vacillating make things worse?

Up at the Wall, newly elected Lord Commander Jon Snow is trying to reach out to the wildlings, even though it means offending many Night's Watchmen who have been fighting wildlings all their lives. In the long run, making peace will benefit both groups, but Jon's trying to change things from within a system built to resist change.

Our watch for next week begins

Sansa Stark is doing a better job of keeping her cool and waiting for opportunities to present themselves. Her return to Winterfell has been one of the smartest changes the producers have made to the books, as it throws several underused characters together and makes their stories exciting again. When Stannis arrives at Winterfell, things should get even more explosive.

Tyrion and Jorah were among the only characters not caught in a political quagmire this week. Instead, they drifted through the beautiful ruins of an ancient civilization before being attacked by a band of diseased men in an eerie action sequence. As frustrating as the status quo can be, it beats the wild, untamed alternative.

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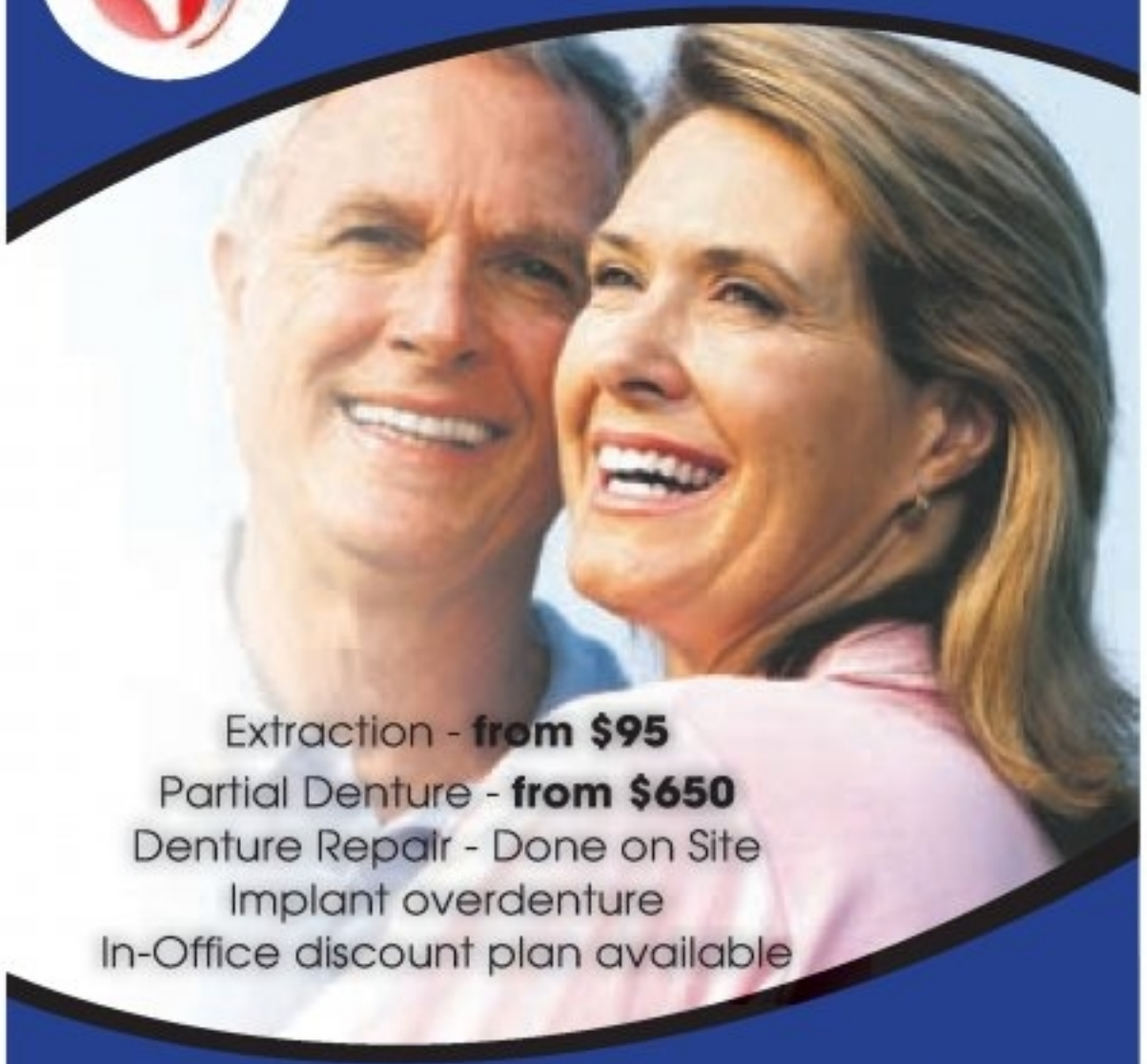

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TV watch list

The agents of S.H.I.E.L.D. have worked hard on this coordinated gun-pointing maneuver.
MITCHELL HAASETH, ABC

DRAMA

'Agents of S.H.I.E.L.D.'

Wartime decisions are tough on everyone, as Agent Coulson and the others have to make sacrifices that have serious repercussions.
SEASON FINALE, 9 P.M., ABC

COMEDY

'Inside Amy Schumer'

Watch Amy strive to direct a commercial for pizza in tonight's episode. She'll also be interviewing a gigolo.
10:30 P.M., COMEDY CENTRAL

TALK SHOWS

'The Tonight Show Starring Jimmy Fallon'

Anna Kendrick and Terry Crews are Jimmy's guests for the evening, and we hope they join together for charades or something, just because they are vastly different sized people.
11:35 P.M., NBC

REALITY

'Newlyweds'

The couples look back on their first year of marriage, as Toi and Rouvaun find their anniversary plans in peril, and Nadine goes into labor for 36 hours. Hats off to Nadine for that one. **SEASON FINALE, 10 P.M., BRAVO LISA WEIDENFELD**

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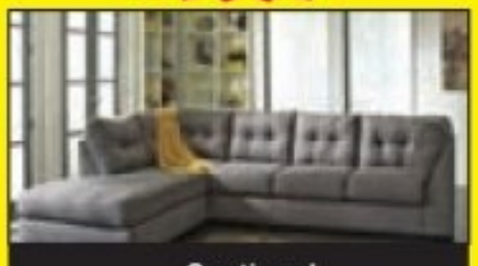

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Based on a true telenovela

Theater. Preview the Fringe Festival with the strange tale of smuggler Barry Seal.

"The Incredibly Dangerous Astonishing Lucrative and Potentially Completely TRUE Adventures of Barry Seal" is at the FringeArts theater (FringeArts.com) May 14-16. / PROVIDED

Thaddeus Phillips had never even heard of Barry Seal when he was hired to portray the infamous pilot and drug smuggler in a Colombian telenovela. But Seal was the kind of strange-but-true character who can easily become an object of obsession, and Phillips quickly acquired a shelf full of fascinating, often contradictory volumes on Seal and his ties to the Medellín drug cartel and more than one future president.

"When you start researching Barry Seal, all these conspiracy theories pop out, and all the authors diss each other," Phillips said, holding books up to the camera over Skype from Colombia, where he spends time with his wife's family when not in Philadelphia.

All of that research has now resulted in not one but two shows about Barry Seal. The larger-scale of the two, "Alias Ellis MacKenzie," will premiere in September at this year's Fringe Festival and will feature several of Phillips' Colombian co-stars. (The title is a play on the title of the MundoFox series, "Alias El Mexicano.")

This Thursday, he'll premiere the elaborately titled "The Incredibly Dangerous Astonishing Lucrative and Potentially Completely TRUE Adventures of Barry Seal," a piece which serves as both prologue and epilogue to the fall show, and which takes place in the Salvation Army parking lot in Baton Rouge where Seal met his untimely (but very predictable) demise in 1986.

Seal is far from a household name, despite his epic biography: a young pilot for TWA, he smuggled arms to Cuba before running drugs for Pablo Escobar, had ties to the Iran/Contra scandal and crossed paths with George H.W. Bush and Bill Clinton, and finally turned CIA and DEA informant and was gunned down in his white Cadillac Fleetwood. An actual dismantled Caddy is a major component of Phillips' show, which focuses on conversations between Seal and his Salvation Army roommate, portrayed by KCRW DJ Mario Cotto.

Phillips describes this weekend's show as "a DVD outtakes or special features show for the big show in September. They're not dependent on each other, but it's way cooler if you see this one and then see the one at the Fringe Festival. The Barry Seal story is so interesting and bizarre and convoluted."

SHAUN BRADY
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'Weird stuff'

Tom Cruise Connection

Phillips isn't alone in his fascination with Seal; the smuggler's name is raised in the upcoming Netflix series "Narcos," in which Phillips plays a small part, and he'll be portrayed by Tom Cruise in the upcoming film "Mena." But Phillips has a different take on the story.

"What I've noticed on all these shows is they go for the cliché, the well-known stories," he says. "We're going for the funny, weird stuff that they're missing."

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Dolph Lundgren vs. the sex trade

Interview. With "Skin Trade," the action star takes on a global issue through entertainment.

Catch "Skin Trade" on VOD now. / COURTESY OF MAGNET RELEASING

Dolph Lundgren is trying to use his on-screen butt-kicking powers for good. While developing his new film, "Skin Trade," Lundgren learned more than he'd planned about human trafficking — so much that he's joined a charity group combatting it. And he hopes at least some of his fans are paying attention.

DOLPH LUNDGREN STARS IN "SKIN TRADE," WHICH HE ALSO PRODUCED AND CO-WROTE. GETTY IMAGES

This film ties in with the charity work you've been doing. Which came first?
The film came way before. It was just an idea for an action movie about human trafficking, which was something I'd read about. I started doing research as I wrote the script, and I realized, "Holy s—, this is really serious. This is like, 30 million slaves around the world." It's the second largest criminal enterprise in the world, and it's going on everywhere — also in America, in every state and every city. I found these guys, CAST [Coalition to Abolish Slavery and Trafficking], they're reputable and doing a good thing helping survivors.

Was it weird filming this in locations where this was obviously going on?
It was weird. You know, because we shot in Asia and there's a lot of it in Asia, and some of it is recognized by the government and some isn't — there's corruption going on in all kinds of stuff — but I can't change that. I can't walk out in the street and say, "Stop doing this!" All I can do is make the movie and hopefully eventually something will change. Hopefully the industrialized countries can lead the way and make other people realize this is wrong. If we stop buying, they'll stop selling. That's as simple as it is.

You're kind of hiding medicine in candy, confronting such an important issue in an action film.
Hopefully that will turn out to be a good approach. Hopefully the movie will reach a lot of people — especially men, who are the perpetrators of a lot of this violence against women. Hopefully they'll see the movie because they like the action but they'll walk away thinking, "Holy s—, that's pretty bad. I've got a sister, I've got a mother." Maybe next time they won't get involved with something like that.

Do you find people suggesting that maybe you're getting a little old for this?
I'm getting older all the time. I work out almost every day, and I'm the one who thinks those thoughts. But up until a few years ago, Clint Eastwood was still making action movies, so I've got a few years left. Obviously we know where it's going to end up for all of us. It's just a matter of trying to squeeze as much out of it as you can. I've got to cut back, or I'm never going to make it to 80. [Laughs]

Drago's legacy

How often do people come up and ask you to tell them you must break them?
"I must break you." [laughs] Yeah, it happens pretty much on a daily basis, more or less. It's OK, I don't mind. That's kind of cool. It's not a bad legacy. Why not?

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Big Bird speaks! Talking with Caroll Spinney

Caroll Spinney, with Mr. Snuffleupagus, is seen filming "Sesame Street" with only his Big Bird legs. / TRIBECA FILM

Interview. A longtime "Sesame Street" puppeteer gets a new documentary.

CAROLL SPINNEY / GETTY IMAGES

Since 1969, Big Bird and Oscar the Grouch have both been voiced and, for the most part, controlled by the same man: Caroll Spinney. The puppeteer has largely stayed off-camera, fine with generations of "Sesame Street" viewers not knowing the man behind the puppets. That changes with "I Am Big Bird: The Caroll Spinney Story," a new doc that covers his life and work and has since made him recognizable on the street. Not that Spinney minds the fame.

What convinced you to step into the limelight after all these years?
People love to ask me why I decided at this time to do this. The answer is [directors Dave LaMattina and Chad N. Walker] were the first people to approach me. I didn't think I'd lived a life important enough to make one. I'm so proud to be so humble, ha ha ha. That was a little joke.

You've done a rare thing for a performer, which is play the same characters for 45 years. What has kept you interested in Big Bird for that long?
The difference between Big Bird and the other Muppets is Big Bird got to be very sensitive and complex. He's not just into cookies or something. I'm not putting [Cookie Monster] down.

Your voice for him still sounds the same at your age, which is incredible considering how one's voice tends to erode over the years.
I'm awfully lucky. My father lived to be 91. He looked like an old man but sounded like he always did. That seems to be working for me too.

Does Oscar's rougher voice grate on your vocal cords?
Actually, Oscar's voice doesn't bother me in any way. I even had a very sore throat, the kind that when you swallow, it feels like you're twisting a knife. Even then, Oscar's voice wasn't any strain at all. Not like Cookie Monster. I remember Frank Oz used to do Cookie Monster, and he had to learn not to rehearse as Cookie Monster's voice because it was really rough on his vocal cords.

What's your secret to still controlling that massive puppet, which has to be exhausting?
I don't do it all the time now. My stand-in has been waiting for 17, 18 years, and he now often does it. I do the voice, because I think that's the heart and soul of it. I can put my feelings in the readings. I love the job, but I'm glad to have some relief in the playing of it, because it is pretty physically draining.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Beats working

Keep on keepin' on

Spinney is now 81 and is glad to be among those who have kept working when most his age have retired.

"I have a great admiration for the Spanish puppeteer Senor Wences," he says. "He performed on the last day of his life. He did a job in Madrid, which was where he lived, and he did it the same as usual. Best ventriloquism I ever heard in my life. And he completed the show, had dinner, went to bed and that was it. He was 103. I'd love to emulate him."

Asked how long he thinks he can go, he replies, "I want to do at least 50 years — 55 if I can. That would make me 90. But I don't think I can do that."

It's at this point Debra Spinney, his wife, sitting next to him and sometimes helping him with answers, chimes in, adding, "You can."

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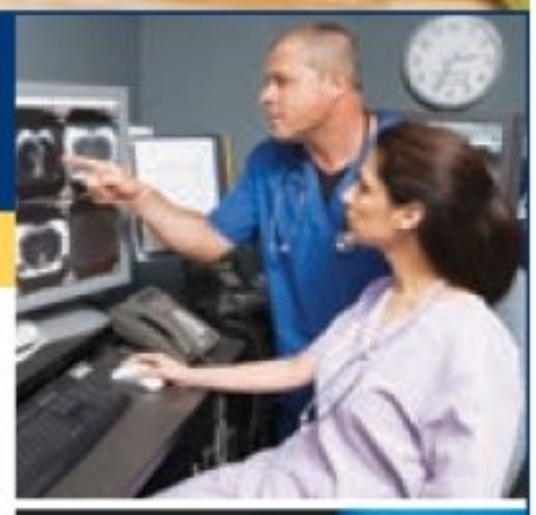

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Stop eating your feelings

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Back away from the vending machine. We get it, every day at around 3 p.m. your ability to complete any task at work hinges on inhaling a bag of M&M's. That stops now.

In her new book, "The Beauty Detox Power," nutritionist and New York Times best-selling author Kimberly Snyder — who keeps Drew Barrymore, Kerry Washington, Channing Tatum and Rooney and Kate Mara looking their best — says there are emotional and psychological reasons for our cravings. She helps us figure out what's behind our eating habits and how we can work on them long-term. In the meantime, her recipes satisfy our need for sweet and salty snacks without packing on the pounds.

Chocolate

"Chocolate is the most common craving — especially with women," says Snyder.

But stop blaming the chocolate cake addiction on PMS.

"There's a really interesting study out of the University of Pennsylvania of postmenopausal women," she says. "They didn't find a big drop in cravings that one would expect if it was hormonally related. So it's more about the emotional and how it makes us feel."

And apparently the decadent treat is filled with happy chemicals, such as "PEA," which elevate your mood and make you feel as if you're in love.

"If you're chronically craving chocolate, you want to look into other ways to improve your mood," says Snyder.

Instant gratification: Swap the Twix for Snyder's brownie recipe. "What's great about it is that I make it with avocados," she says. "It has a lot of fiber and minerals. So you're satisfying that craving with something that is actually good for you."

Salt

Are you someone who craves sweet or salty treats? "I'm actually a salty craver," admits Snyder.

But it's not the salt that makes potato chips and crackers so irresistible, says Snyder. It's the crunch.

In fact, the nutritionist explains that our desire for such savory snacks can indicate pent-up tension that a lot of people hold in their jaws.

"We crave crunchy a lot in the middle of the day when we're stressed, and there's tension that's overbuilt," she says. "So the root cause we want to work on is not letting the tension build up so much in the first place." Her solution: Find regular outlets to de-stress, such as yoga or deep breathing.

Instant gratification: If it's cathartic to crunch down on something, Snyder says go for kale chips. Her recipe uses turmeric and crushed pepper. "They're easy to make, and you can make a big batch at once."

Carbs

"Carb craving is very, very common, and the reason is they just have a familiar smell, texture and taste," says Snyder. "They can temporarily feel euphoric. There's something very comforting about burying your head in a pile of pasta or bread."

The best way to resist carbs is through activity — "even if it's a quick exercise to boost your serotonin level," says the expert.

Instant gratification: For guilt-free indulgence, try Snyder's vegan and gluten-free mac 'n' cheese.

"The sauce is made with roasted butternut squash and coconut milk," explains Snyder. "It gives you a creamy texture that is very easy to digest without any fatty dairy or really heavy cashews."

Start the day on an up with this easy tip

"The real key is fixing long-term eating habits," stresses Snyder. "Because any sort of diet or plan that has an end isn't sustainable."

And the easiest way to jump-start a lifetime of healthy eating? "Start [each day by] drinking hot water and lemon," she says. "Lemon is very special. It has hundreds of citrus acid enzymes that support your liver tissue," says Snyder. "Your liver is your detoxifying organ, your fat burning organ. ... Give it some nourishment and support.

"I want people to start [this simple routine] in the morning, because you wake up and you have a fresh start," adds Snyder. "And when you make better choices in the morning, you are more likely to make better choices throughout the day."

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Natural mood boosters

Try our tips to ease mild depression.

MARIANNE HAYES
@ MetroPhilly
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For those with mild to moderate depression, a healthier body may help ease symptoms. ISTOCK

While antidepressants remain the go-to treatment for severe depression, some experts say that natural remedies represent an overlooked option for others.

According to Peter Bongiorno, a naturopathic doctor and acupuncturist, a 2010 study published in the Journal of the American Medical Association "showed that in mild to moderate depression, which is the majority of cases, antidepressants really didn't work all that better than placebos."

Either way, says Bongiorno, author of "How Come They're Happy and I'm Not?," an effective treatment plan should address the underlying cause — otherwise, all the remedies in the world will only serve as a Band-Aid.

"Stress over things we can't control, mixed with not taking care of ourselves physically, are really the root issues for most people with depression," he adds.

If you're one of the over 350 million sufferers worldwide, Bongiorno recommends trying these natural approaches, which are known to improve symptoms.

Optimize your digestion

A lot of people don't know that poor digestion and depression are related. "Ninety percent of the body's serotonin is actually made in the gut," says Bongiorno. "So if we're not dealing with getting that system healthy, it's really hard to get the brain healthy and get the mood right."

He adds that more and more research is uncovering the benefits of probiotics. Bongiorno cited a recent study in which the bacteria was removed from the digestive tracts of mice. The result? They produced 60 to 70 percent less serotonin, which affected their mental health.

Take a look at your sleep habits

Sleep problems and depression often go hand in hand. According to the National Sleep Foundation, it's kind of a chicken-or-the-egg scenario. (Does depression cause insomnia, or vice-versa?) In fact, the NSF reports that insomniacs are 10 times more likely to develop depression.

We all know the biggies to getting better sleep: turning off electronics, avoiding alcohol and keeping to a bedtime. In extreme cases, cognitive behavioral therapy can also be helpful.

Step up your exercise routine

Regular exercise can significantly improve depression symptoms. This is especially true if you're able to exercise outdoors.

"Vitamin D and sunlight are important for setting our circadian rhythm and are helpful in getting the stress system back in balance, so getting outdoors and getting into nature can be very helpful for our mood," says Bongiorno.

The second part of the equation is to be mindful of your diet. Eating junk food and drinking sugary beverages are directly linked to depression.

"If you're not doing the basics — the sleep, the diet, the lifestyle, the stress work — it won't be enough to really get to the root of the problem," he adds. "But if you do them all together, you'll get the best results.

"I also like using acupuncture, which I think is a wonderful way to help people get balanced."

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Horoscope

♉ Taurus | April 21-May 21
Someone will try to take advantage of you. Guard against a fast talker. Unless you have examined all the details, take a pass.

♊ Gemini | May 22-June 20
You will find it necessary to go the extra mile when it comes to keeping the peace. Don't be too hard-headed.

♋ Cancer | June 21-July 22
Younger people will gravitate to you. A stimulating new prospect will be of interest. If you use your imagination, you will discover a solution to a problem.

♌ Leo | July 23-Aug. 22
Present your ideas with confidence if you want to convince everyone. Residential changes will add to your comfort and reduce stress.

♍ Virgo | Aug. 23-Sept. 22
Be respectful. You'll forfeit a friendship if you are too pushy. Be aware of the consequences before you make a rash, irreversible decision.

♎ Libra | Sept. 23-Oct. 22
Someone you encounter will find you extremely alluring. A romantic relationship will take an upward swing. Make the most of your appeal.

♏ Scorpio | Oct. 23-Nov. 21
A situation that is troubling you will be resolved. You are entering a period of growth that will enhance your creativity and curiosity.

♐ Sagittarius | Nov. 22-Dec. 21
A solid investment plan will pay off. Relationships may be strained. Learn as you go. Consider starting a home business.

♑ Capricorn | Dec. 22-Jan. 20
Your usual routine will fall by the wayside. Deal with each issue as it arises. Your ability to adapt to changeable circumstances will serve you well.

♒ Aquarius | Jan. 21-Feb. 18
Helping others will emphasize your capabilities to a new audience. Don't be surprised if you receive a job offer.

♓ Pisces | Feb. 19-March 20
If a personal relationship is unsettled, consider dissolving the association. Staying in an unhappy situation will compound distress.

♈ Aries | March 21-April 20
You will get the wrong impression from someone's promises. If matters are unclear, ask a trusted friend to shed some light on your circumstances. EUGENIA LAST

Sudoku: Easy and hard

4			7	2				
7		8		6			3	2
8		7		3	5	6		
1	6			4			8	7
		3	6	7		4		5
2	8			5		7		1
				1	9			6

4				5		6		
7	3				4			2
					2			
9	6		7	4				
3	4	2				7	9	6
				6	9		3	4
			5					
5			4				8	7
		6		8				5

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

No more nuclear energy

Re: 'Oil leaked into river after fire at nuclear reactor in New York' (Metro, May 11) I was deeply saddened to hear about yet another nuclear power accident. How can the company say no harm was done when oil is spilling into the water, hurting the river and all the wildlife that lives there? We have seen so much disaster. Nuclear power is unsafe and is a disaster waiting to happen. The plants must be closed immediately. We could provide millions of jobs in clean green energy, thus helping the economy and our people and saving the earth at the same time. Let us not be shortsighted.
SHIFRA FREEWOMAN

Thank cops for doing their job

Re: 'Changes needed to trust police again' (Metro, May 11) I have an idea — how about saying "thank you" to every policeman and fireman you see for risking their lives every day to protect yours? Three police officers were murdered in the last week doing their job. Flashback! 9/11 attack: The police and firemen were running into those burning buildings to save lives while you were running out. How quickly we forget. The police are the only people that keep you and your family safe from anarchy. This country would look like a "Mad Max" movie if it wasn't for law enforcement.
JOHN MCLAUGHLIN, VIA EMAIL

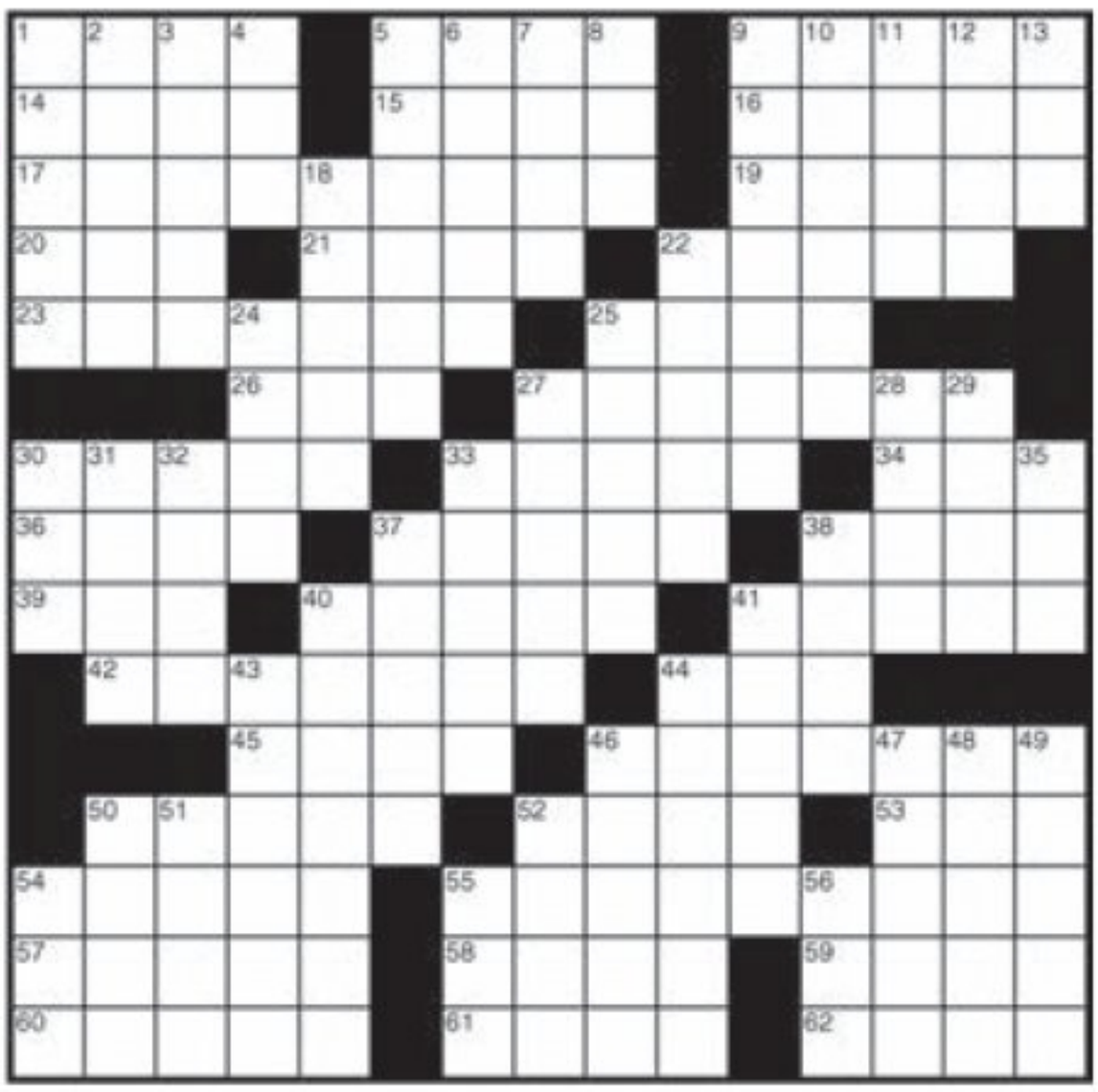
Visit us online at **Metro.us.**
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Broncos do it
5 Mythical archer
9 Cousin's dad
14 Funny Bombeck
15 Benches for masses
16 Gemsbok moves
17 Easily broken
19 Tall tales
20 K+, e.g.
21 Sorrowful wail
22 — Park, Colorado
23 Horse, updated
25 Threat ender
26 Record, as mileage
27 Firm, as pasta (2 wds.)
30 Poultry purchase
33 Some pens
34 Constantly, to Poe
36 Lagoon protector
37 Cast member
38 DNA component
39 Off — — tangent
40 Dieter of rhyme
41 Obie relatives
42 Medicine chest item
44 That means —!
45 Edit out
46 Seedling's abode (2 wds.)
50 Like crazy
52 Kind of eagle
53 — Dawn Chong
54 Solemn watch
55 Tentacle possessor
57 Kind of angle
58 To — — (exactly)
59 Yves' girl
60 I thought — never leave!
61 Shakespeare, for instance
62 Nave neighbor

Down
1 Overhaul
2 Faux pas
3 Iowa commune
4 Hightailed it
5 Play wrap-up (var.)
6 Concrete reinforcer
7 Mouse catchers
8 NNW opposite
9 Homer's seafarer
10 Spruce up
11 Give a darn
12 RN assistants
13 Double curve
18 Swamp critter
22 Tribal adviser
24 Musical sign
25 George who was a she
27 It makes scents
28 New driver, maybe
29 Start of a count
30 Back again
31 Rip apart
32 Once around the sun
33 Fallen-rock debris
35 Thing, in law
37 Fill out a form
38 Gourmand's malady
40 Took turns
41 Curry favor
43 Peculiar thing
44 Gave a holler
46 More ashen
47 Groom excessively
48 Camel pit stop
49 Giggle (hyph.)
50 Wis. neighbor
51 Feverish chill
52 Phi — Kappa
54 Cistern
55 Elbow
56 LAX regulators

Yesterday's answer



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Who's under pressure?

These five Philadelphia athletes are under the most strain, scrutiny and spotlight in the city right now. **EVAN MACY**

Will Sam Bradford even see the field in 2015? / GETTY IMAGES

Sam Bradford, Eagles

He hasn't played a full season since 2012, having missed time to ACL injuries. But he was a Heisman-winner in college and a No. 1 pick, so the talent is clearly there. The question is, can he succeed behind an aging offensive line, in an offense that demands mobility, for a coach who traded a lot to get him?

He is still rehabbing, and there is still a decent chance Mark Sanchez opens the season for the Eagles. But Chip Kelly is optimistic.

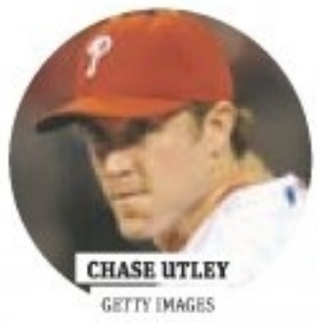
"We wouldn't have traded for him if we didn't think he fit, in terms of what our vision is, for what we're trying to do," Kelly said, "but we still need to see him out on the field. We've got plenty of time. It's the beginning of May here."

Joel Embiid, 76ers

The 76ers took a chance, stretching their rebuild out to accommodate drafting an injured star big man for the second year in a row. Philly drafted Joel Embiid third overall in 2014 and is hoping to have twin towers manning the inside for the future.

Embiid dealt with rumors that he was out of shape and overweight, but he was also seen dunking between his legs and draining three pointers pregame at the Wells Fargo Center as he sat on the bench the entire season, just like fellow Sixers' center Nerlens Noel a year earlier. If Embiid can avoid becoming another Greg Oden, the Sixers will be in good shape.

Chase Utley, Phillies



CHASE UTLEY
GETTY IMAGES

It's surprising that Utley is on this list. As recently as spring training, the hustling veteran was hitting bombs out of Florida ballparks and looking poised to anchor the Phillies' offense.

But his batting average through the first month-plus of the season is .118. Phillies fans hope he can right the ship and end an unprecedented slump.

DeMarco Murray, Eagles

He's getting paid a lot, but he was the NFL's leading rusher last year. DeMarco Murray has had a lot of reps at running back, but he will have some help from teammates Darren Sproles and another free agent pickup, Ryan Mathews.

He will have to replace, at least in large part, the production from the Eagles' all-time leading rusher in the departed LeSean McCoy.

Murray was running rampant in Dallas, and it will be very interesting to see how much he has left in the tank — and whether it's more or less than McCoy.

3 SPORTS

Flyers goalie

Steve Mason

The Flyers missed the playoffs last season, but it wasn't Steve Mason's fault. When in net, the 26-year-old goalie had the seventh best goals against average in the NHL at 2.25. His .928 save percentage was third best. When he returns in 2015-16, the Flyers will once again rely on Mason, who played in 51 games due, in part, to injuries.

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MACNOW: DON'T BOO UTLEY, HOWARD

Opinion

GLEN MACNOW
REALGLENMACNOW
Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

Chase Utley and Ryan Howard have given a lot to Phillies fans over the last 10 years. / GETTY IMAGES

The dumbest argument in Philadelphia sports right now goes like this: We booed Ryan Howard when his performance tumbled; aren't we supposed to boo Chase Utley, too?

Oh my. We are an introspective fan base, aren't we? So ready to live up to our reputation for surliness that God forbid we let a franchise icon decline in peace.

Look, Chase Utley has been dreadful this season, his average dipping to .099 last Saturday. While Mike Schmidt gamely predicted that the 36-year-old will rebound and be June's NL Player of the Month, my hunch is that Utley will never see north of .250 again. This is not a sudden collapse — Utley has been hitting .215 since last May 29.

But regardless of whether he is cooked, he does not deserve to get booed as he was after meekly grounding into a double play last week. Nor, for that matter, does Howard. Part of the debate here centers on fans' different attitudes toward the two men. Utley has always been the darling of the crowd — the baseball-smart, hard-nosed Dirt Dog whom Harry Kalas dubbed "The Man."

Howard? The former MVP is perceived by too many as non-clutch (wrong), non-caring (wrong) and overweight (well, okay). Part of the tough ride Howard gets, I think, stems from our tradition of heckling sluggers (hello, Schmitty). And part, let's be honest, is racial.

Neither deserves your scorn.

Those two geezers (along with Carlos Ruiz and Cole Hamels) are the last men standing from the 2008 World Champions. They're the final vestiges of the excellence the Phils once represented — even if their play is now the opposite of excellent.

This is not an argument against trading any of the Final Four. It's not even an argument to play them. I think the dumbest thing Ruben Amaro could do is to allow Utley to amass the 500 plate appearances needed to activate his $15 million contract for 2016.

Macnow on Utley

"Regardless of whether he is cooked, he does not deserve to get booed."

Instead, it's just a plea to give two guys who've combined for 571 homers and nearly 2,000 RBIs the respect they deserve, given that both are the best ever to play for this franchise at their positions.

My personal rule is that I'll boo stupidity, apathy, lack of hustle or an affront to the fan base. And, most of the time, Philadelphia fans get it just right. We've got great radar for that stuff — probably because we've seen more than our share of it over the years.

But not here. Not with these guys. Pray, if you wish, for them to retire or get dealt. But let them finish in peace.

Or, as Utley infamously said to New York fans when he was jeered at the 2008 All-Star Game, "Boo? F— you!"

Have I swayed you yet? If so, consider this: Maybe, as Jonathan Papelbon sets the franchise mark for saves, it's time for a truce between the fan base and the loudmouth closer.

No? Too soon?

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B192C Joshua M. Bey, C132 Amber Brown
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A220 - BEYAH, ATTIA • A247 - Harris, Tyrod • A418 - Bailey, Centrin • A440 - Fisher, De'jon • A442 - O'Neill, Marion A711 - KENNEDY, JOHN • A716 - Sharp, Lamont • A849 - Wills, James • B1106 - Lucas, Michael • B1211 - Whiting, Elizabeth B1400 - Reyes, Angelo • B1526 - Saka, Abdou • B1625 - Byrd, Robyn • C2417 - Saints, Fabiola • C2511 - Kennerly, Amin C2616 - Weems, Quran • C2803 - Sayon, Thomas • P013 - Davis, Gerry- Nissan, Murano, Bronze, 2007, vin7286
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0010 - Ming, Dwayne • 0055 - Crippen, Ebony • 0116 - Brown, Hugh • 0162 - Taylor, Yolanda 0228 - Vernon, Jaythan • 0266 - Watson, Anika • 0337 - Porter, Malika • 0406 - Tolec, Aesha 0435 - Banks, Nicole • 0456 - Fryer, April • 0463 - Coleman Jr, Sherman • 0508 - Bahn, Lisa 0588 - Sylloh, Kadiatu • 0632 - Sangster, Hermione • 0675 - Hamidullah, Mateen • 0760 - Evans, Aiken 0811 - Postell, Virginia • 0914 - Trahan, Anika • 1021 - Sheppard, Zanbrie
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A018 - Brown, Richard • A045 - Birton, Shaun • A046 - Mcgovern Iii, Francis • A117 - Morgan, Pamela A129 - Brown, Richard • A192 - Smith, Shanika • A208 - Saucer, Jitrease • B019 - McGady, Stephen B155 - Mcreery, Jennifer • D027 - Jones, Daineen • E031 - Gonzalez, Robert F009 - McGady, Stephen • F018 - McGady, Stephen
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A027 - Garrison, Jerome • C328 - Edwards, Ronald • C340 - Giandomenico, Paolo C353 - Young, Marlene • C390 - Byfield, Leighton • E504 - Brown, Lachelle • E518 - Wright, Jacqueline G614 - Tabb-Henderson, Chris • P115 - Rivera, Lorraine - Chevy Suburban 1500, Blue, 2002, vin 5378
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1062 - Brown, Diane • 1070 - Phillips-Byers, Erica • 1085 - Velez, Miguel • 1126 - Zeledon, James 1221 - Salley, Ikimo • 1262 - Tanzymore, Muhammad • 2099 - Butterline, Lisa • 2129 - Castro, Adrienne 2131 - Digiacomo, Cynthia • 2202 - Harr, Francis • 2356 - Nunez, Maria • 3015 - Velasquez, Leany 3356 - Braun, David • 3397 - Cruz, Aida • 3400 - Braun, David • 4004 - Figueroa, Mayra
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A032 - Peirce, Francis • A033 - Rosario, Jonra • A047 - Damon, Tyrae • A105 - Rios, Sherwonda B121 - Castello, Patrick • B183 - Ascaro, Michael • C227 - Minor, Karen • C341 - Mansley, Ian C358 - Yeager, William • D368 - Edwards, Tina • D372 - Wyatt, Jessica • D462 - Millan, Connie
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Training camp

Eagles to host Ravens for joint practices

Just like they have with the Patriots during Chip Kelly's first two training camps, the Eagles will hold joint practices this year in advance of a preseason game. The Birds will join forces with the Ravens prior to their Aug. 22 game in Philly.

Though Kelly and John Harbaugh are still working on the exact schedule, Baltimore is expected to come to town for combined practices three days before preseason Week 2.

"We were just talking at the owners' meetings and were kind of wondering why we don't play each other more in the preseason," Harbaugh said, "and we wanted to see if we could work something out, and it looks like we're going to be able to do that." METRO

NHL. Flyers likely eyeing Babcock as No. 1 choice for next head coach

Philly's coaching search will heat up as the draft approaches. / GETTY IMAGES

The Flyers appear to have an open window to strike a deal with their top choice to replace Craig Berube as head coach.

Even though Mike Babcock is still technically under contract with the Detroit Red Wings, the Flyers (and other NHL teams) have been granted permission to speak with him before May 25 by Detroit's GM.

If Babcock decides to leave the Red Wings, his next team will owe the Red Wings a third-round pick (of their choice) from among the 2015-17 drafts.

The Oilers, Sabres, Maple Leafs, Sharks and Devils are also interested in the 2008 Stanley Cup winner, who is currently overseas in Prague (checking in on a top Red Wings prospect in the World Championships) and believed to be returning around May 17, leaving a week and a half for teams to show interest and possibly strike a deal.

Another high-profile coach the Flyers could be interested in, Todd McLellen, agreed to "mutually part ways" with San Jose back on April 20. The Oilers are expected to be a big player for McLellen.

Flyers GM Ron Hextall will not be in Prague, where the aforementioned coaches are (McLellen is the head coach of Team Canada). EVAN MACY

Deflategate

Brady, Patriots punished harshly

The NFL came down hard on Tom Brady and the Patriots Monday. In addition to the sanctions on Tom Brady (a four-game suspension), the league is docking the Patriots of their first-round pick in 2016 and fourth-round pick in 2017. The team also faces $1 million in fines.

The punishments come in the wake of "deflategate," with the Patriots using illegally under-inflated footballs during the second half of their AFC title game win over the Colts. Brady is first eligible to return vs. the Colts in Week 6. METRO

Sun Damaged Skin?

Do you have rough, pink to reddish, scaly, flaking spots on your face or scalp that won't heal? If you do, it is important to see a dermatologist. These spots may be pre-cancers, known as actinic keratosis (AKs).

Paddington Testing Co., Inc. is evaluating an investigational topical medication for AKs.

You must be 18 years or older for research study participation. Qualifying participants will see a study physician and receive study medication or placebo.

No insurance necessary, Compensation for time and travel

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Feeling Hopeless about your Depression?

Is your current antidepressant ineffective?

We welcome you to participate in research involving an investigational antidepressant.

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This information is approved by Temple University for public display and is associated with project Temple IRB 22685.

For more information, call: (215)-707-8204

Or e-mail: Jennifer.henry@tuhs.temple.edu

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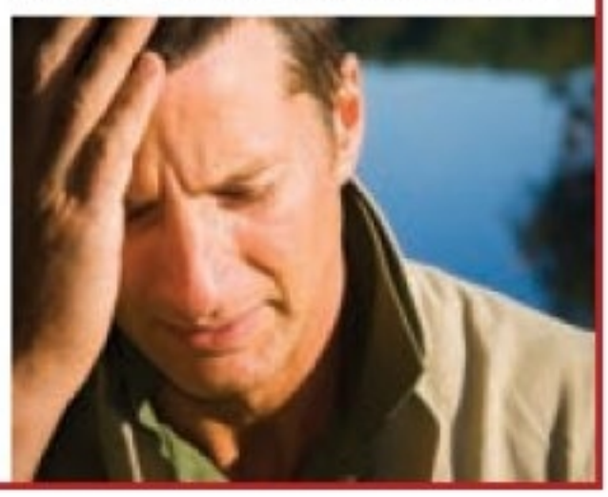
Temple University Health System



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- Compensation for travel

Ask your doctor for more information or contact our clinic to see if you may be eligible to participate.

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VOYAGER PROGRAM

there's more to + YOU than depression.

When symptoms persist, there may be more you can do.

If feelings such as depressed mood or lack of energy are keeping you from the things that matter to you, you may be eligible for this research study. It's evaluating an investigational drug designed to work with antidepressants to see if it can help address unresolved symptoms of depression.

All eligible study participants will receive at no cost:

Consultation with study doctor	Study drugs	Study-related care and visits

FORWARD STUDIES

TO LEARN MORE:

CRI Lifetree - Marlton Unit
1.877.890.5688

Whether or not you are currently taking an antidepressant, you may be eligible to participate.

FREE YOURSELF FROM COCAINE

Contact us for a confidential screening for a research study of an investigational medication to help with your addiction.

215-243-9959

Perelman School of Medicine
University of Pennsylvania

Have You Been Diagnosed with Iron Deficiency Anemia?

Clinical Trial Center is currently looking for qualified volunteers to participate in a research study using an investigational medication to treat Iron Deficiency Anemia.

Participants must be men & women at least 18 years of age or older.

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THE CLINICAL TRIAL CENTER LLC

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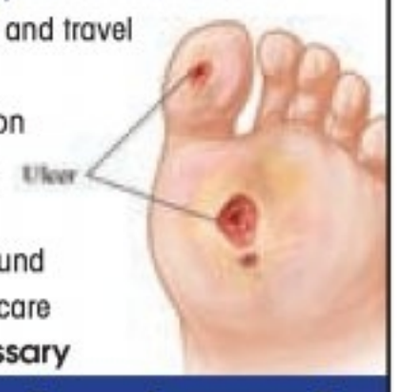

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LEGAL NOTICES

Pursuant to the Land Recycling and Environmental Remediation Standards Act, the Act of May 19, 1995, P.L. #4, No. 2 (Act 2), notice is hereby given that GPL Washington Properties, LP (Remediator) is submitting a Notice of Intent to Remediate and a Remedial Investigation Report/Cleanup Plan to the Pennsylvania Department of Environmental Protection, Southeastern Regional Office, for the property known as 1200-1206 Washington Avenue, in the City of Philadelphia, Pennsylvania (Site), for historic storage of heating oil and gasoline. Some volatile and semi-volatile organic compounds, and the inorganic compound arsenic were detected in soil and groundwater at the site. Remediation will include pathway elimination using Site Specific Standards for impacted soil, and demonstration of attainment of Residential Site Specific Standards for groundwater. Act 2 also provides that when a site is being remediated to a Site-Specific Standard, the municipality is afforded a 30-day comment period. Publication of this notice in a local newspaper initiates the 30-day public and municipal comment period. Until June 11, 2015, the City of Philadelphia may request to be involved in the development of the remediation and reuse plans for the site, and to develop and implement a public involvement plan. Questions and comments should be submitted to the Department of Environmental Protection, Southeast Regional Office, Land Recycling/Cleanup Division, 2 East Main Street, Norristown, Pennsylvania 19401.

Vehicles Wanted

Legal Notices

NOTICE

IN THE COURT OF COMMON PLEASE OF PHILADELPHIA COUNTY PENNSYLVANIA CIVIL ACTION-NO. 140601405

TO: Philadelphia, Pennsylvania Uptown Colored Unit of Jehovah's Witnesses James Gibson, Nelson G Outerland, James Thomas
DEFENDANT

You have been sued in court. An Action to Quiet Title has been instituted against you by the plaintiff, **JAMES BRAME**, to resolve or extinguish any remaining claims of title, right, possession, mortgage or lien interest you may have with respect to the premises located at 1407-09 N 15th Street, Philadelphia, Pennsylvania.

NOTICE

You are hereby notified that if you wish to defend against the claims set forth, you must take action within (20) days from the publication of this notice, by entering a written appearance personally or by attorney and filing in writing with the court your defenses or objections to the claims set forth against you. You are warned that if you fail to do so the case may proceed without you and a judgment may be entered against you by the court without further notice for any money claimed in the complaint or for any other claim or relief requested by the plaintiff. You may lose money or property or other rights important to you.

YOU SHOULD TAKE THIS PAPER TO YOUR LAWYER AT ONCE. IF YOU DO NOT HAVE A LAWYER, GO TO OR TELEPHONE THE OFFICE SET FORTH BELOW. THIS OFFICE CAN PROVIDE YOU WITH INFORMATION ABOUT HIRING A LAWYER. IF YOU CANNOT AFFORD TO HIRE A LAWYER, THIS OFFICE MAY BE ABLE TO PROVIDE YOU WITH INFORMATION ABOUT AGENCIES THAT MAY OFFER LEGAL SERVICES TO ELIGIBLE PERSONS AT A REDUCED FEE OR NO FEE.

NAME: LAWYERS REFERENCE SERVICE PHILADELPHIA COUNTY BAR ASSOCIATION
ADDRESS: 1101 Market St, Philadelphia (215) 238-6333

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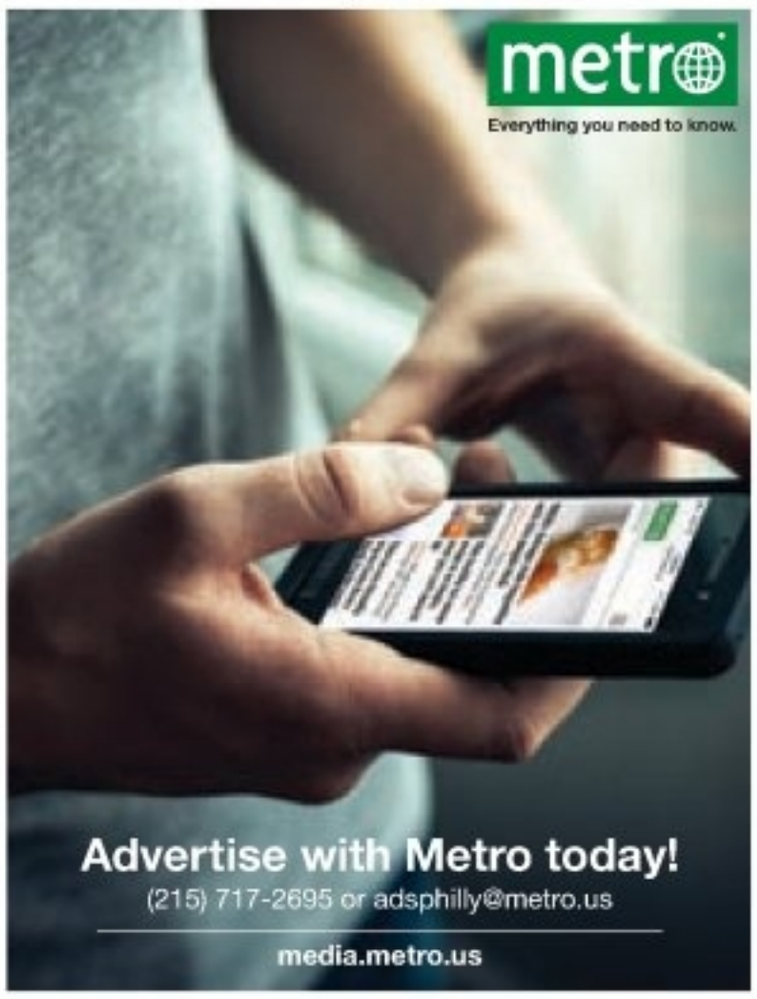

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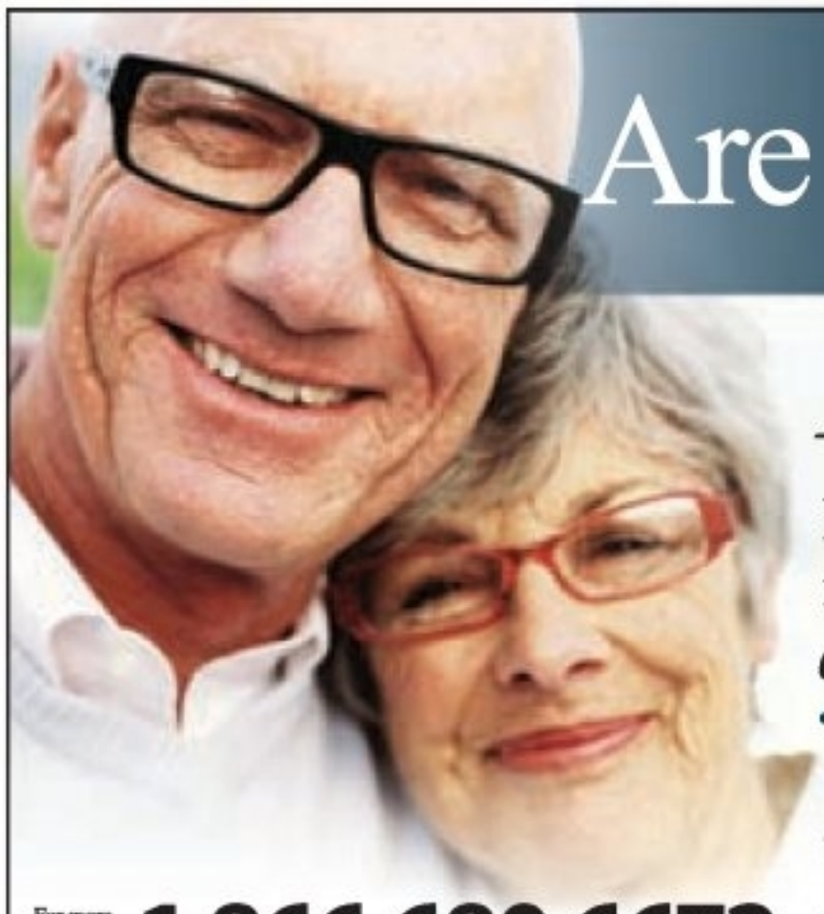

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